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‘Merry Christmas Exclamation Point’ is the must-hear Holiday Song of 2013



It’s happened. For the first time since Mariah Carey released “All I Want for Christmas Is You” in 1994, we have a fresh new Christmas song that’s, well, a classic.

From Jon Lajoie — you might know him better as Taco from FXX’s “The League” — comes “Merry Christmas Exclamation Point,” a carol that, in just over four minutes, captures the evolving spirit of Christmas, circa 2013.

You know Christmas is about spending time with friends and family

But just because you’re not in one of those two categories
Doesn’t mean that I won’t still do something special for you
‘Cause Christmas is about giving so here’s what I’ll do

I’m gonna send you a Christmas text (Christmas text)
(Christmas text)

I’m gonna type Merry Christmas Exclamation Point and then
press send

Dressed in a Santa-red sweater while sitting at a piano topped with candles and a garland, Lajoie embodies the spirit of Jolly Ol’ St. Nick when he sings:

Maybe I’ll just copy and paste it
Well it’s only two words I’d might as well just type it
If you’re thinking of calling me to thank me oh please don’t
Texting is as far as this relationship goes

“It will definitely not be the best Christmas song ever,” Lajoie wrote on his website last month when he announced the release of the song, “but it’ll be a close second, I promise.”

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3 favorite holiday beers

Come winter, almost every brewery in the Western world makes a special beer for the holiday season. In Europe, the tradition of Christmas ales dates back centuries. In the States, with the current infatuation with craft beer, the convention thrives.

Dark and robust, most of these beers are relatively high in alcohol, between 7 and 12 percent. They're usually strong in flavor, too, some being heavily seasoned with spices like nutmeg, coriander, and cinnamon.

This combo makes them perfect for serving in small vessels, as a pre- or post-dinner drink, and sometimes even with dessert. (At Christmas dinner or during holiday parties, I've found that it's best to serve them in small wine glasses, brandy snifters, or fancy beer glasses, if you have them.)

One of my recurring favorites, especially to serve with sweet things, is Evil Twin's fudgy Aun Más a Jesús, a tar-black 12% imperial stout. (The name means "Even More Jesus" in Spanish.) It's one of the few beers that I find assertive enough to stand up to holiday confections. The mouth feel is viscid and inky, with aromas of bittersweet chocolate, soft leather, and dried tobacco. On the palate, the flavors are coffee-like and robust, with an undercurrent of vanilla and dark dried fruits (think cherries, raisins, and prunes).

Another solid option this year comes from Southern California's The Bruery: 6 Geese A-Laying is the sixth installment in their annual "12 Days of Christmas" series. It's a dark and toasty winter ale made with the surprising addition of gooseberries, which bring a hint of bright, citrus-like acidity. At 11% alcohol, it's structured to age for up to six years; store it until 2019 and drink it alongside the imminent 12 Drummers Drumming.

And from one of my all-time favorite breweries, Michigan's Jolly Pumpkin, is Noel de Calabaza, a funky Belgian-style Christmas ale. The 9% mahogany-colored brown ale is aged for months in oak barrels which impart an upfront lactic sourness amid layers of woody complexity. On the back end, hints of honeyed sweetness and holiday spice linger. The sourness of this beer would ruin a sweet treat, so consider serving it with more savory fare, like aged cheeses or roasted nuts, or simply on its own.

Whichever variety you choose, the key to serving a holiday ale is to allow the beer to warm slightly so the aromas are in full bloom — carbon dioxide is more soluble in colder liquids, which means that aromas and flavors get muted. Just-from-the-fridge temperatures are about 15 degrees too cold, so pull your beer out about 45 minutes to an hour before serving.

Evil Twin Aun Más a Jesús, about \$15 for 12oz; The Bruery 6 Geese A-Laying, about \$25 for 750ml; Jolly Pumpkin Noel de Calabaza, about \$16 for 750ml. Available in specialty beer stores throughout the U.S.



Avoid gift-giving stress this Christmas with these helpful tips

The holidays can be one of the most stressful times of the year, and gift-giving is one big reason why.

According to *USA Today*, more than 22 million people shopped at Walmart on Thanksgiving night, and a record \$1 billion was spent online during the Thanksgiving holiday weekend.

Our society takes gift-giving seriously.

Rev. Thaddeus Douglass of Jackson, AL says the meaning of the holiday season can be lost when people have high expectations for certain gifts. That can put pressure on the giver to choose, find and figure out how to pay for just the right thing.

Associate Professor Ryan Howell from San Francisco State University says when deciding on a gift, “focus on the person instead of the receipt.”

Experience giving

Howell says a new twist to gift-giving that is gaining popularity is “experience giving.”

For example, if the person you are shopping for loves the Dallas Cowboys, instead of buying Cowboys paraphernalia, take that person to a game. The experience will mean more, and the memories will last longer.

“Happiness created by purchasing an object fades as people become used to having it around, but experiences continue to provide happiness longer,” Howell said.

Experience giving doesn’t have to be as expensive as an NFL football game. *The Press Democrat* from Santa Rosa, CA, released several examples that anyone would enjoy, ranging from an afternoon of ice skating to safari trips.

Traditional Giving

Unfortunately, everyone on your Christmas list isn’t a candidate for an experience gift.

For traditional gifts, Michelle Madhok, who is a shopping expert and founder of shefinds.com, says to check out T.J. Maxx, Marshalls and HomeGoods.

“They stock fresh merchandise in stores several times a week, even up to Christmas Eve, so they don’t get picked over like a department store that only gets one shipment,” Madhok said.

Madhok also says it’s a good idea to scour sales throughout the year. Great gifts might be much cheaper in July. She says to stash those gifts away and when the holiday season arrives, you can stay home and avoid the madness, all while saving money.

After choosing a great gift, wrapping the gift may be as important as the gift itself.

“Take your time and make sure you do a nice job wrapping the gift. You don’t have to spend a ton of money; I spend \$3 on a spool of satin ribbon every year,” Madhok said. “It can make just about any gift look beautiful and will make the person on the receiving end feel that much more special.”

Receiving

Madhok says it’s more stressful for the giver than the receiver during the holidays because many are stressing over “what to give or not to give”

Whether you receive experience gift or a traditional gift, the receiver should always show appreciation.

Howell says much of the conflict during the holidays is caused by “forecasting errors or focused illusions.”

“People tend to predict what the holidays are supposed to be,” Howell said. “They don’t have realistic expectations.”

Just being grateful for the thought is what Douglass’ advice to those receiving gifts.

“Be appreciative that someone considered to take the time to bless you,” he said. “The expectancy of always wanting a gift during the holiday season can shatter the true meaning of Christmas.”



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Dell blog confused with adult site



Heads-up, bloggers and Dell users! If you're planning to visit One2One.com to chat with Dell's support department, you're on your way to a porn site.

Dell caused the gaffe with their domain name: DellOne2One.com. Users who forgot to type in "Dell" when going to that domain wound up at the adult site One2One.com. A Google search wouldn't help, either, as One2One.com shows up a lot higher than Dell's site in an Internet search.

No heart attacks were reported.

Remembering the blog name referred to in the numerous unimpassioned blog posts, I navigated to one2one.com, ZDNet blogger Donna Bogatin wrote. Contrary to my expectation of arriving at a staid, boring corporate shell aiming to put forth corporate speak, I was greeted by a very live action experience featuring online babes eager to chat.

One2One.com is a standard live camera site in Montreal. Users can chat with models through live interfaces with high-quality audio and video.

Christians are hooked on porn, survey says



The faithful are sinning, and apparently they know it.

Half of all Christian men and 20 percent of all Christian women are addicted to porn, according to a recent survey done by the web portal ChristiaNet.com.

More than 1,000 people responded to the survey, which posed 11 questions about personal sexual conduct. ChristiaNet.com teamed up with Second Glance Ministries on the survey questions.

Second Glance Ministries President Clay Jones said that people addicted to adult entertainment include church members, deacons, staff and clergy. ChristiaNet President Bill Cooper said that the so-called “pornography epidemic” continues to grow each year.

“We directed more than 100,000 inquiries to Second Glance Ministries in one year,” Cooper said. “We are seeing an escalation to the problem in both men and women who regularly attend church.”

Jones said that the rise of Internet technology is to blame for the growing popularity of adult content among Christians.

“There have been dynamic paradigm shifts in the behavior of Christians over the last four years,” Jones said. “Technology and the Internet have allowed pornography to flood the marketplace beyond a controllable level.”

More survey results: 60 percent of the women who responded have significant struggles with lust and 40 percent of female respondents reported having been involved in a sexual sin within the last four years.



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THE HARD SCORE



by Pat "Two Dogs" Snow
To Bark Back Email:
tx2dogs@verizon.net

Each and every year during this Christmas Season people expect me to write a very nice and warmly sentimental column about good deeds and good players in the sports world. Each and every year their hopes are crashed on the rocks below, much like what's about to happen to them again. If you last past this opening statement, good luck to you.

Let's begin with every once in a while someone looks at you and says, "you need to do a reality check". Why anyone would say that to anybody in the sports world is beyond me, but let's go on a ride with that.

Is there anyone out there who really thinks Jerry Jones would/could do a reality check? JJ's mentor was Al Davis who left before the train pulled out. That's a clue to what's been happening and where things are heading, and yeah, an aside to a reality check.

Guess who's joining him?

How about Miami's Incognito? Detroit's Suh? Pittsburgh's Harrison?

The Browns give us the double dose with ex owner Lerner and new owner Haslam. Lerner, who apparently never got unconstipated and Haslam who joins the ranks of running afoul of the law. At least Haslam's legal experience has taught him what goes in to building a good defense.

And since we're somewhat askew from reality, let's bring in the nursery rhymes. I know, you've got all kinds of thoughts as to what owner or coach or player can be associated with certain nursery rhymes. Yeah, I thought so.

How about the Texans and London Bridge? Talk about Kubiak thinking everything fell

down all around him. I know most of you wouldn't think this, but how about Detroit and Humpty Dumpty? Sure, because they started off so well and then have now their season's gone.

To throw in some good news, how about the Broncos and Twinkle Twinkle Little Star, they are up in the world so high, like a diamond in the sky.

And now for the drum roll, maestro. You've been waiting, and here it comes, the Cowboys and Ring Around The Rosie. What, you say, that's a great nursery rhyme? Have I lost my mind? Nope.

This one actually has an ominous beginning related to the Black Plague. When nailed with the plague there was a rash where bitten caused by a flea that had a red mark with a ring around it.

How does that relate to the Cowboys? Well, this rhyme has been quite well appreciated with a wide audience and international success. Do I need to finish it for you? Ok, then things fell apart like the plague.

Here's a question for you, would you rather accidentally shoot yourself in the foot or do it with pre-thought and deliberate planning?

While it's never too cool to shoot yourself in the foot, it's far more acceptable if by accident, although that can still get you fired. But when you go against your own history and decisions and create a scenario that can blow up in your face, that's what's known down in the trenches as a disaster.

Yeah, we're talking Super Bowl XLVIII, in the first ever Super Bowl granted to an open air stadium in a northern bad weather region.

Why is this bad? Uh, you know, this is a huge party with big pockets coming in from all over the world. Let the players play and let the fans enjoy, that's the credo, and snow with icy conditions don't exactly fit that manifesto, do it.

What we have are some very well respected and highly regarded weather agencies have been predicting for the last two years that this year's open air game in New Jersey is going to get hit with a Kahuna of a blizzard. Yeah, a monster storm of ice and snow.

What's the NFL's response? The contingency plans include multiple different day scenarios. Yep, move it up a day, out a day, or more either way. Like on Saturday, or Monday or Tuesday. Yes, that's right, and those are their words.

Ok, let's see, this event is arguably THE biggest sporting event in the world and these guys want to move it at what would have to be a late decision. Let's see, if I can foresee this.

You have a huge amount of money already committed to this. Hotel bookings, buildings, parking lots, all sorts of places to set up indoor and outdoor gathering spots. Transportation reservations. Yeah, do you think the airlines want to deal with several hundred thousand people wanting to change their flight dates? And what, bump already bought seats?

And just *when* would they make the final decision? That's a rib tickler. If moving it back a day to Saturday, which many have wanted for years anyway, when exactly do they announce that? Friday night?

A change like that would have to be done earlier, hey, you have people scheduled to arrive on Saturday they'd have all their plans disrupted.

Now that we've really gotten a good view

of this picture, let's get one more peek at how weather and decisions have gone for the NFL and a city, yep, Dallas. Remember the law suits against the Cowboys? Can you imagine what'll happen if they DO move this game up or out a day or more?

No, the NFL knew why they'd never agreed in the past to hold Super Bowl games in open air stadiums where severe weather occurs, and now they've not just shot their foot off but potentially blown up the biggest game in the world.

I don't think the NFL has any choice but TO hold the game and call in every marker to the sports Gods to make sure it's not a weather wreck.

NFL Week 16 Review

This should be who thinks what was the biggest surprise game of the week.

How about Arizona dropping Seattle AT the Seahawks? Seattle hadn't lost at home in two years. Maybe the Panthers besting the Saints? Hey, I told you Carolina's defense was one of the tops in the league.

The Eagles clawing the crap out of the Bears, who turned around and sent thank you cards to Green Bay for falling down to Pittsburgh. Or the Giants knocking off a needing to win Lions team that now has Heimlich instructors full time on staff.

Perhaps you think the Patriots making the Ravens look like rookies and Baltimore just giving their last chance away? And maybe the Jets saved Ryan's job with that win over the Browns, who are not and were not a Cinderella team.

But many have proclaimed Dallas's win over Washington to be the surprise game of the week. Seems nobody had any faith that the 'Boys could pull it off, which they did try some in that second half to give it away.

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I think I have to say the Dallas win and the Bears and Packers losses were the most surprising for what each had at stake.

NFL Week 17

This is it, my friends, the last week of the regular season. It's sad, but it's what all this has been about and we need to get some finish. Please note that all the games are division contests, this is the NFL wanting you to know that their season ending games do matter to you.

Noon CST

Twelve lined up in a row, some come to sit, some to show, and some to lament while their women cry.

Five that don't have much to play for, either they're out or will sit starters for the post season. Six that have division implications. One possible trap.

The not special five: Browns (4-11) at Steelers (7-8); Redskins (3-12) at Giants (6-9); Jags (4-11) at Colts (10-5); Texans (2-13) at Titans (6-9); and, Lions (7-8) at Vikings (4-10-1).

Nobody in this group except Indy is playing for anything, maybe some jobs, and the Colts have sewn up their division, so these are just winding down games.

Six that will fight: Bucs (4-11) at Saints (10-5); Eagles (9-6) at Cowboys (8-7); Packers (7-7-1) at Bears (8-7); Ravens (8-7) at Bengals (10-5); Jets (7-8) at Dolphins (8-7); and, Bills (6-9) at Patriots (11-4).

New Orleans can't relax, if Carolina stumbles they're back in the lead, otherwise its wild card time. Brees and Payton want to deny it, but the record shows that Brees and his offense do not do well on the road in open air stadiums on natural turf. Go ahead and get all mad Drew, but the record don't lie.

Green Bay lines up in Chicago and it's for all the marbles. Maybe the Pack brings Rodgers back in, but that'd be crazy since he's not played and that shoulder still needs time. Ride Flynn, he's been doing good, and if the playoffs do come, look for Rodgers then.

Baltimore has to win for a wild card, but Flacco hasn't played like a hundred million dollar QB, and they don't have a running game. Cincy owns the division. Miami hosts the Jets, it's for a wild card, but they don't do well against top defenses which the Bills just showed, and the Jets Rex Ryan might just pull out all the stops as an interview for his new job.

The question of whether the Bills will face the Patriots first string offense is an interesting one. New England does have the second bye but there is a chance they could take the conference, and somewhere down the road they'll play Denver.

And here's where a legend can be made, Foles, and a legend lost, Romo. Dallas hosts Philly for the NFC East title. Both sides should be going all out, which should make for a very interesting game. Not many expect the Romo/Garrett/Callahan squad to make sound decisions throughout the game.

The potential trap: Panthers (11-4) at Falcons (5-10). Ah, c'mon, you know Carolina's new to this big time stuff, and the Falcons would love to be the spoiler. It's a fantasy, but still possible.

3:30 CST

Four headin' your way, one's a sleeper, one's for fun, and two have to strap it on.

The sleeper: Broncos (12-3) at Raiders (4-11). Ok, Denver's in an odd place, if they lose and the Pats win, it's a draw and New England gets the number one seed throughout because they beat Denver earlier. That said, do you risk anymore injuries considering Welker's missing? New England has the Bills, a tough defense and *will* come to play. Many think these two will be the battle for the AFC Championship, so who wants home field for that? Or, do you sit players and hope three weeks won't rust the joints and brain cells? You play to win the game, so go do it.

Let's just get kickin': Rams (7-8) at Seahawks (12-3). The NFC West has changed its colors and now is *the* overall toughest division in the NFL. That's over *both* conferences. Arizona just traveled north and knocked off Seattle, and the Rams are

quite capable of doing the same.

Whether the Seahawks sit their starters is if they feel Carolina can knock them out of the top seed, and if they feel that way, they might play this game straight up, which will be great for the fans if they do. Pay for this or go to the pub, but see this one.

Have to or the world don't be lookin' the same: Chiefs (11-4) at Chargers (8-7); and, 49ers (10-5) at Cardinals (10-5).

KC can't take the division from Denver so may rest it's starters, which would please San Diego whose got an outside chance competing with the Ravens and Dolphins.

Maybe the best battle of the day is here: San Francisco traveling to Arizona. This is for the second wild card and its win or go home between two very tough teams. This is football at its best.

Readers Response:

Two Dogs:

I've been over and over that play where Romo's intercepted and I don't see how he could have done nothing different. He just made a mistake and shouldn't be crucified like our Duck Commander is.

Blakely – Canton

Blakely:

The QB is supposed to do a pre-snap read, and it was quite obvious when he changed the play he didn't move his running back from his right side over to the left to block Matthews. So, the defender got a free run at him, he had to duck out of it, the receiver Miles didn't modify his pattern. As far as any person in the public eye, if you don't like the heat, find a different job.

TD

Two Dogs:

Who should get coach of the year I say the Bears Trestman. Whose getting fired?

Pierce – Akron

Pierce:

I like that choice, but I think you need to look at Arizona's Bruce Arians, Panthers Ron Rivera, Kansas Cities Andy Reid, Colts Chuck Pagano, and the Bengals Marvin Lewis. It's a very good list of candidates, but if we go by who did more with less, I'd have to say Arians and Pagano. As for getting fired, well, many don't think the Jets Ryan, Titans Munchak, Jags Bradley, Redskins Shanahan, Lions Schwartz, Vikings Frazier, Falcons Smith, and, Bucs Schiano will last.

TD

Two Dogs:

I may stop reading your blog, it is depressing. I don't disagree with what you're saying it just reminds me I should be supporting a different team. I think you should pick another team and show Jerry you're not going to take it anymore. I suggest from now on you only mention the Cowboys in one sentence, that being whether they won or lost, that's it. Period. Pick another team, any team. Once ticket and merchandise sells go down, maybe it'll force him to do something. You are right, until that happens nothing will change.

Ron – Heath

Ron:

With Jones recently justifying his team's position is a consequence of the NFL's salary cap creating a league wide parity that makes it very hard for any one team to rise above, tells you everything. Jones is in complete denial that he's created this fiasco of an organization and team. There are *TEN* teams with ten or more wins, that's a third of the NFL's league. He says this is a balanced league, I guess because he's still stuck in the middle. There are only eleven teams with less than seven wins. Basically those standings show a well distributed league, and with proper money and player personnel management, many teams can succeed. I want the Browns to succeed.

TD

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Amazon: When you shop through Amazon, the Amazon Smile Foundation will donate 0.5% of the purchase price to NORML. Just goto normal.org and click the link and start shopping.

Study: Cannabidiol Holds Promise For Treating Psychosis

Cannabidiol (CBD), a non-psychoactive cannabinoid, alleviates psychotic symptoms and may hold promise as an alternative antipsychotic treatment, according to a review published in the November issue of the journal *Neuropsychopharmacology*.

Investigators in the Netherlands and in the United Kingdom reviewed preclinical and clinical data on the use of CBD as an antipsychotic agent. Authors reported that both animal and human studies document the ability of CBD to mitigate symptoms of psychosis. Specifically, CBD administration is associated with improved symptoms in clinical evaluations of patients with schizophrenia, Parkinson's disease, and ketamine-induced dissociative and psychotic symptoms.

Investigators also highlighted a 2012 double-blind, randomized placebo-controlled trial assessing CBD versus the prescription anti-psychotic drug amisulpride in 42 subjects with schizophrenia and acute paranoia. Authors reported that both CBD and the prescription drug were associated with "equally significant clinical improvement" in this patient population, but that cannabidiol "possessed significantly less side effects."

Researchers concluded: "[E]vidence from several study domains suggests that CBD has some potential as an antipsychotic treatment. ... Given the high tolerability and superior cost-effectiveness, CBD may prove to be an attractive alternative to current antipsychotic treatment."

Previous human trials assessing the administration of CBD in healthy human subjects report that the cannabinoid is "safe and well tolerated."

Separate investigations of CBD, primarily in animal models, have documented the cannabinoid to possess a variety of therapeutic qualities, including anti-inflammatory, anti-diabetic, anti-epileptic, anti-cancer, and bone-stimulating properties. Recently, the FDA approved the experimental use of CBD extracts for the treatment of a rare form of intractable pediatric epilepsy known as Dravet syndrome. Preliminary clinical trials assessing the safety and tolerability of the compound in children are scheduled to begin imminently.



Saietta R electric performance bike heading for US shores in 2014

Since 2011, the UK's Agility Motors has been promising to deliver on its highly anticipated electric motorbike. Promoted as the firm's "next generation electric urban sport motorcycle" the new 96.5 hp Saietta R, with its 3.9 second 0-60 mph (96 km/h) time and unique visual statement, is now set to hit US shores in 2014.

Marketed as an urban guerrilla street bike, the Saietta, whose name translates from Italian as "thunderbolt," is most certainly not the world's first performance electric motorcycle (Lightning's Electric Superbike won the legendary Pike's Peak Challenge this year, beating both gas and electric bikes). But Agility, which has been working with racing partner Agni Racing on EV racers for years, hopes to show that its track experience can successfully translate over into the Saietta R.

First



introduced

to much fanfare in 2011, the new Saietta R features an Advanced Axial flux Permanent Magnet DC electric motor capable of producing 72 kW (96.5 hp) and impressive torque figures of 127 Nm (93.7 lb ft) to the rear wheel. Although the bike weighs a hefty 485 lb (220 kg), the electric torque availability is there from zero rpm, giving the bike impressive low end power.

In comparison to, say, Ducati's 899 Panigale, which weighs in at 425 lb (193 kg), 65 lb (29 kg) lighter than the Saietta, the Agility bike delivers 20 lb ft (27 Nm) more torque than the Italian superbike, giving some perspective to its performance. While the Saietta R offers impressive torque, it can't compete against the Ducati's pure aural rawness; a very tangible element which could prove to be a drawback to any old-school clientele.

The Saietta R's top speed of only 80 mph (129 km/h) would also prove problematic in a fight against the Ducati, but that the all-electric has a range of 112 miles (182 km) in the city and a combined range of 74 miles (120 km) on a single charge should help compensate for the reduced top speed. Another interesting electric option is the "Personalized Throttle Response" system that essentially allows riders to configure the bike's power to suit their preferences.

According to Agility, the bike's battery will withstand 1,000 recharge cycles to 80 percent capacity or 80,000 miles (129,000 km), with power supplied through an 1.5 kW onboard charger that can provide a full charge in 3.5 to 8 hours. An optional Fast Charge Pack is also available, doubling the charge capabilities to 3 kW.

Stylistically, the Saietta R is certainly like no other electric or ICE bike

on the road. The bike's unique architectural configuration is a direct result of



its electric powerpack arrangement. The bike's over-arching cowl is more than aesthetic as it covers up the diagonally-mounted battery pack. Where the gas tank would normally go on traditional bikes sits an Advanced Agility lithium-Ion battery with a maximum capacity of 11.0 kWh. The big arch carries over the handlebars giving the bike a *Tron*, *Judge Dredd*, or *Star Wars* type finishing treatment.

According to Agility, the Saietta R is the world's first production motorcycle to use a composite monocoque chassis. The battery envelope, similar to an F1 monocoque, is actually a structural component, designed to reduce overall weight while increasing rigidity and strength. This utilitarian design explains the Saietta's gigantic power hump emanating from the middle of the bike.

Slowing the bike is the job of 320 mm floating disc brakes shod with 4-piston brake calipers up front, and 240 mm discs out back with dual-piston calipers. The bike's suspension is what Agility refers to as a "Wide-Base Variable-



Geometry" setup. On the front, unequal length front double-wishbone shocks with adjustable damping and pre-load keep the corners and bumps in check, while to the rear a propriety integrated transmission and suspension setup called the "Drive-Torque Geometry Control" system deals with power delivery and damping responsibilities.

The Saietta R is expected to hit US streets next year with a price around the US\$22,600 mark. People can see the bike first-hand at the "Clean and Cool Mission" in Colorado this month.

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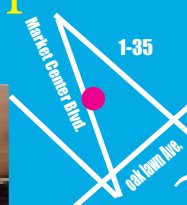
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What if they had lived to fade away? Rock and roll legends who died young imagined in old age with the help of photo technology

Some of the greatest talents in modern music were cut down in their prime, leaving fans to guess what sort of heart-stopping guitar riffs Jimi Hendrix may have come up with had he lived past 27, or how John Lennon would have continued to shape rock & roll as we know it had he not been gunned down at age 40.

While there’s no way to know the genius rock anthems that could have been, thanks to these 12 age-progressed portraits commissioned by <http://sachsmedia.com/rockheaven/> [Sachs Media](http://sachsmedia.com/rockheaven/) we can at least see what our idols might look like today.

John Lennon, Jim Morrison, Janis Joplin, Jimi Hendrix, Bob Marley, Keith Moon, Elvis Presley, Mama Cass Elliot, Kurt Cobain, Dennis Wilson, Bobby Darin, and Karen Carpenter have all gotten the treatment and the results make for a fascinating trip into a future denied by fate.

The project was made possible by Michigan-based group <http://phojoe.com/> [Phojoe](http://phojoe.com/) using state-of-the-art specialized technology, the same that is used to create the age-progressed photos used in the search for missing persons.

‘Through this series of images, we hope to honor them and evoke some of the magic they brought to millions of their fans,’ said Sachs Media’s CEO Ron Sachs, who commissioned the project, ‘even as we ponder what wonderful new contributions they still could have made.’



R.I.P. Al Goldstein

The cause of death was reportedly renal failure. He was 77 years old.

The infamous, caustic and often rotund cigar-smoking Goldstein blazed a trail with the launch of Screw in 1968 — the world’s first hardcore tabloid — though his company, Milky Way Productions.

Among more rebellious, graphic and outrageous descriptions, the magazine referred to itself as the “Consumer Reports of sex” and included movie and product reviews as well as full frontal nude photos.

At the height of his popularity in the ‘70’s, Goldstein also hosted the late night New York cable TV show “Midnight Blue” that became a major adult industry forum, and his platform for political rants, in what was then the epicenter of porn.

In 2003, Goldstein and Milky Way filed for bankruptcy, leaving him with roughly \$1 million in debt. Goldstein subsequently fell on hard times, living in homeless shelters and scraping by with Social Security.

An ardent champion of the First Amendment, Goldstein was arrested 21 times for obscenity during his adult career.

In what can be considered his most publicized fight against censorship, Goldstein was charged with 12 obscenity and conspiracy counts and faced up to 60 years in prison for sending copies of Screw to Kansas. After three years and two trials his conviction in the first was overturned, and the second ended in a hung jury.

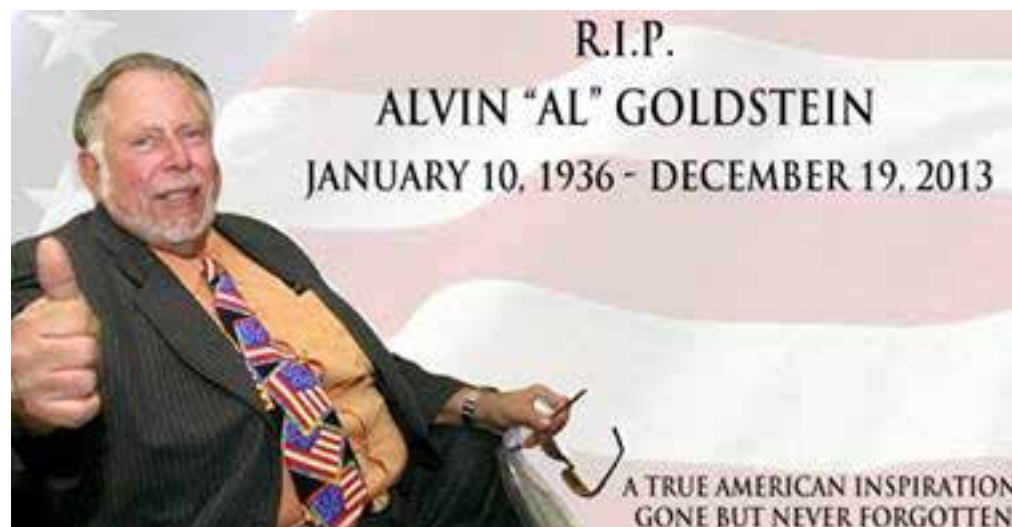
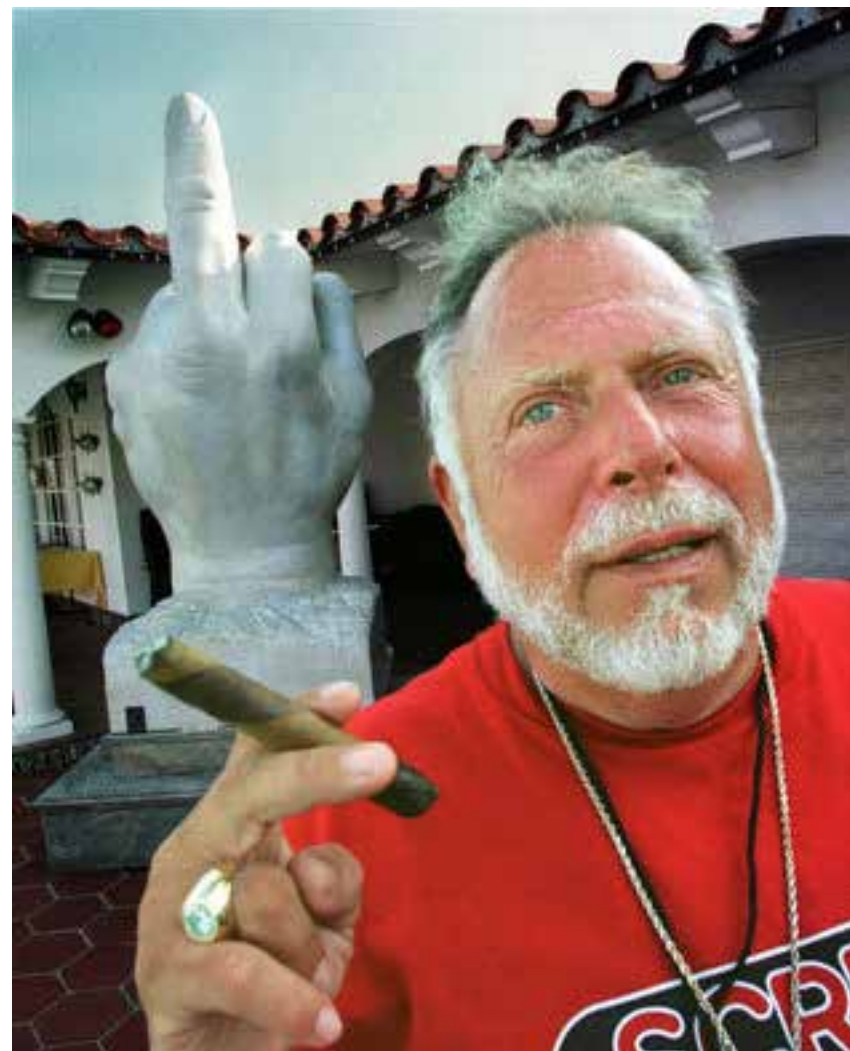
Goldstein’s infamous persona prompted him to run for President of the U.S. in 2007. At that time Goldstein said in typical provocative fashion that he had gone to bed with 7,000 women in his career, making him something of an expert at screwing people and giving him “ideal experience” for the nation’s top job.

At that time Goldstein was a blogger for search engine Booble.com. Booble President Bob Smart, acting as Goldstein’s campaign manager. Al Goldstein is a national treasure. As the world’s dirtiest old man, Al has something to say about the world he helped create, and we Americans have a duty to listen.

Long-time friend and colleague, President of Plausible Films and founder of AVN, Paul Fishbein, remembers Goldstein: “Near the end most of Al’s friends abandoned him which really sucked. Not Ron Jeremy or Larry Rizzo or especially Penn Jillette, who were really there for him. Adult is a young person’s industry and people don’t seem to be aware of those who really fought the First Amendment battles. **Al is one of a handful of people, along with Larry Flynt and Rueben Sturman, who are the absolute reason the adult industry exists today.**

“Everyone with an adult web site, a production company or a magazine and all those who earn their every day living in porn, owe a debt of gratitude to Al Goldstein. His arrests and his trials and victories paved the way for all of us to live, earn and express ourselves freely in this business. But I bet if you polled 1000 people who work every day in porn, a scant few know the history. Al deserves to be honored and remembered.”

Goldstein published his autobiography, [“I, Goldstein: My Screwed Life”](#) in 2006.



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11 crazy things sugar does to your body

sugar toxic? It is when you consider how much the average American swallows each year—a whopping 130 pounds of added sugars. That’s about 22 teaspoons a day, way over the max set by the American Heart Association in 2009. New science shows that this overload of sugar—often stemming from hard-to-detect hidden added sugars—is affecting your body in all sorts of strange ways.

1. Sugar makes your organs fat

The fructose—a component of table sugar and high-fructose corn syrup—in added sugars triggers your liver to store fat more efficiently, and in weird places. Over time, a diet high in fructose could lead to globules of fat building up around your liver, a precursor to nonalcoholic fatty liver disease, something rarely seen before 1980.

2. Sugar primes your body for diabetes

A *PLoS One* study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1%.

3. Sugar hammers your heart

You might expect sugar-curbing recommendations from the American Diabetes Association, thanks to sugar’s clear impact on the disease.

But the reality is that heart disease and diabetes are intricately related: Heart disease and stroke are the number one causes of death among people with type 2 diabetes, accounting for 65% of those deaths.

4. Sugar creates tense blood vessels

Added sugars cause excess insulin in the bloodstream, which takes its toll on your body’s circulatory highway system, your arteries. Chronic high insulin levels cause the smooth muscle cells around each blood vessel to grow faster than normal. This causes tense artery walls, something that puts you on the path to high blood pressure, and ultimately, makes a stroke or heart attack more likely.

5. Sugar promotes cholesterol chaos

There is an unsettling connection between sugar and cholesterol. A study in the *Journal of the American Medical Association* found that, after excluding people with high cholesterol and/or diabetes and people who were highly overweight, those who ate the highest levels of added sugars experienced the biggest spike in bad cholesterol levels and dangerous triglyceride blood fats, and the lowest good (HDL) cholesterol levels. One theory? Sugar overload could spark your liver to churn out more bad cholesterol while also inhibiting your body’s ability to clear it out.

6. It leads to type 3 diabetes

Brown University neuropathologist Suzanne de la Monte, MD, coined the term “type 3 diabetes” after her team was the first to discover the links between insulin resistance, high-fat diets, and Alzheimer’s disease. In fact, her work suggests Alzheimer’s is a metabolic disease, one in which the brain’s ability to use glucose and produce energy is damaged. To paraphrase, it’s like having diabetes in the brain.

7. Sugar turns you into a junkie

Much like street drugs, sugar triggers the release of chemicals that set off the brain’s pleasure center, in this case opioids and dopamine. And as they do with street drugs, people develop a tolerance for sugar, meaning they need more sugar for a feel-good “fix.” In rat studies looking at sugar addiction, when animals binge on the sweet stuff, they experience chattering teeth, tremors, shakes, and anxiety when it’s taken away.

8. Sugar turns you into a ravenous animal

Sugar makes you feel famished. Emerging research suggests regularly eating too much sugar scrambles your body’s ability to tell your brain you’re full. Carrying a few extra pounds and living with type 2 diabetes can throw off your body’s ability to properly put off leptin hormones; leptin’s job is to say, “I’m full! Now stop eating!” Fructose also appears to play badly with leptin; eating a high-fructose diet means your body feels hungry, even when you’re overeating.

9. Sugar makes you an energy-starved zombie

You know the feeling. You grab a chocolate candy bar, and with it, get that brief jolt of energy. Soon to be replaced by unrelenting fatigue. Science shows it takes just 30 minutes or less to go from a sugar rush to a full-on sugar crash. This sugar spike-and-crash sets you up to want more sugar—a vicious cycle. To add insult to injury, sugar also triggers the release of serotonin, a sleep regulator. So much for an energy bump!

10. Sugar turns your smile upside down

We might reach for sugar to feel better, but we’re getting the opposite effect in the end. A study published in *Public Health Journal* followed nearly 9,000 people to study the link between depression and eating sugary sweets and fast food. After six years, those who ate the most junk faced a nearly 40% greater risk of developing depression, compared to those who shunned junk food the most. In people with insulin resistance, it appears the brain releases lower levels of feel-good dopamine.

11. Sugar wrecks your face

Sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products, or AGEs. These unwanted invaders attack nearby proteins, damaging them, including protein fibers in collagen and elastin, the components that keep your skin firm and elastic. The result of too much sugar? Dry, brittle protein fibers that lead to wrinkles and saggy skin.

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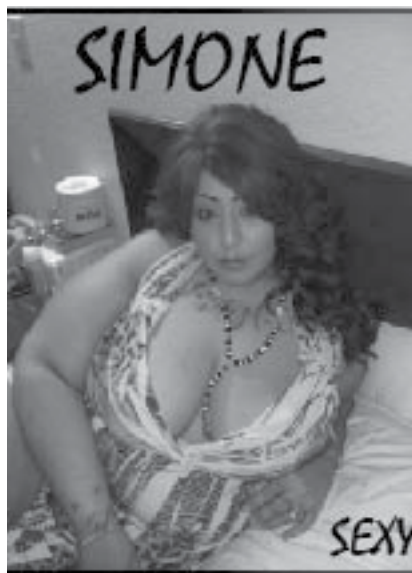


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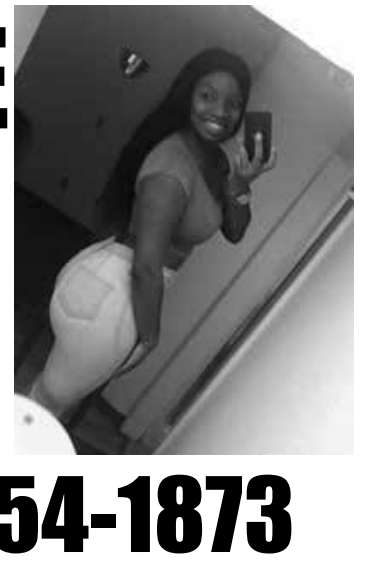
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